



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Simple Ways to Add Seasonal Produce

Shopping locally and in-season for fresh produce is both economical and nutritious. Pizza is an easy meal to add more fruits and veggies. Choose something like a tortilla or naan flatbread for a prepared crust and add quality ingredients as toppings. The flavor combinations are endless! Plus, everyone in the family can assemble their own which helps cut down on time in the kitchen.

Ricotta Pesto Summer Vegetable Naan Pizza

Ingredients:

- 1 package Stonefire® Whole Grain Naan
- 2 Tbsps. skim milk ricotta cheese
- 2 Tbsps. pesto sauce
- 1.5 cups of assorted chopped grilled vegetables—red onions, zucchini, eggplant, corn, tomatoes
- 1 Tbsp. olive oil
- Salt and freshly ground pepper
- 1/2 a lemon, squeezed
- Fresh basil
- Zucchini ribbons



Recipe (edited) and image courtesy of Stonefire.com.

Directions:

- Preheat - Set the oven to 450°F and the grill to medium-high heat.
- Remove naan from packaging and place on a large baking sheet lined with parchment paper.
- Bake or grill naan for 5 minutes or until slightly golden. If grilling, flip while cooking.
- Cut the vegetables, then season with salt, pepper and olive oil. Cook on a grill pan or grill until slightly charred (about 4 minutes, rotating sides).
- Mix ricotta cheese and pesto in a small bowl, then set it aside.
- Remove warmed naan from the oven or grill, then spread the ricotta pesto sauce. Arrange vegetables evenly on top, add zucchini ribbons last. Use a vegetable peeler to make ribbons.
- Bake for an additional 3-4 minutes in the center of the oven until naan is crisped to your liking.
- Remove from oven. Garnish with fresh basil, a squeeze of lemon and season to taste.

Grilled Peach Flatbread

Ingredients:

- 3 ripe, firm peaches, chopped
- 1 cup quartered yellow cherry tomatoes
- 3/4 cup fresh corn kernels (from about 1 large ear) or frozen (thawed)
- 2 scallions, sliced
- 1 Tbsp. extra-virgin olive oil
- 1/4 tsp. salt
- 1/8 tsp. ground pepper



Recipe (edited) and image courtesy of Healthyfamilyproject.com

Directions:

1. Preheat the grill or grill pan. Preheat the oven to 350°F.
2. Grill naan until it's softened or lightly grilled.
3. Place peach slices onto the grill or grill pan and sear for about 1 minute per side.
4. Using a pastry brush, spread olive oil onto the grilled naan.
5. Add goat cheese and peaches.
6. Cook for 5 minutes in the oven, or place back on the grill, cover and cook on a low heat for 3-5 minutes.
7. Add fresh arugula if desired. Drizzle with balsamic vinegar right before serving.